

## Week 8

Meet with the Health Trainer for **up to 1 Hour**.

The Health Trainer has to assess your progress in the EARS programme at this meeting.

They will also help you to look at ways of maintaining any positive changes you have made in the long term.

**This will be the final week of support from the Health Trainer, unless you are ready to quit:**

## Weeks 9-15

If you are ready to quit by week 12, the Health Trainer can continue to support you each week (in person or by telephone).

Your best chance, if you do decide to quit, is to be referred to the NHS Stop Smoking Service.

## Week 16

Meet with the Health Trainer for **up to 1 Hour**.

The Health Trainer has to assess your progress in the EARS programme at this meeting.

This will be the last time you meet with the Health Trainer.

*Thank you for taking part in this important research.  
We hope you find some benefit from it!*

The EARS Project, Exeter University, The Cumberland Centre,  
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## Exercise Assisted Reduction of Smoking

# How it can help YOU!

This leaflet shows how you and the Health Trainer can work together to make successful change!



## Week 1 (1 week after the first assessment)

Meet with the Health Trainer for about **1 Hour**

- Explore your preferred ways to reduce your smoking
- Explore your preferred ways to increase your physical activity

*Take Home Task: Take away a step counter (pedometer) to check how active you are every day at the moment.*

*We can also support you financially to become more active if you need help. Speak to your Health Trainer to make arrangements.*

## Weeks 2-7

Meet or talk with the Health Trainer each week (for **up to 30 mins**)

You decide, but here are some things the Health Trainer can help you with:

- Develop plans to reduce your smoking
- Develop your plans to be more physically active
- Review your progress and set new plans or goals each week
- Overcome any setbacks and challenges
- Discuss ways of coping with cravings, including being more physically active
- Discuss things you can do to make sure you don't go back to smoking more again
- Give you access to the best support available, the NHS Stop Smoking Services, if you are ready to quit

*Take Home Task: Do what you can to meet your goals. We all suffer setbacks, and if you do, you can bounce back!*

***But it feels good to meet your goals!***

***Continued on the back.....***

### Activity Ideas:

- ⇒ Cycle somewhere
- ⇒ Walk in a park or countryside
- ⇒ Go to a gym
- ⇒ Use an exercise band at home
- ⇒ Go for a swim
- ⇒ Do an aerobics class with a friend
- ⇒ Pilates or Yoga
- ⇒ Zumba
- ⇒ Spinning
- ⇒ Keep busy at home
- ⇒ Walk instead of driving or waiting for a bus
- ⇒ Join a walking group
- ⇒ Do resistance or weight training
- ⇒ Go for a jog
- ⇒ Team sports

### Cutting Down Ideas:

- ⇒ Start the day with a target amount of cigarettes in your pack (reducing gradually)
- ⇒ Leave a longer time between each cigarette
- ⇒ Don't smoke during certain periods of the day
- ⇒ Give up the ones you don't really enjoy or need
- ⇒ When you feel the need to smoke, think about doing some of the activities above

### Remember:

- ⇒ Be proud of any progress, no matter how small.
- ⇒ Reward yourself when you reach a goal you have set.
- ⇒ Cutting down just 10 cigarettes a day could save you nearly £1,500 a year (what could you do with that money?)
- ⇒ ***If you decide to try and quit—please contact your Health Trainer—they can help you get the best support available***



### Physical Activity can:

- ⇒ Reduce your risk of heart disease
- ⇒ Help you to breathe more easily
- ⇒ Reduce your risk of developing some cancers
- ⇒ Help you get around more easily
- ⇒ Help reduce stress, tension, anxiety and depression
- ⇒ Reduce cravings and withdrawal from cigarettes

